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'They did not die in vain'

Barack Obama salutes Martin Luther King Jr. and other slain civil rights leaders as the U.S. marks 50 years since 'I have a dream'

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One Direction — straight up with Spurlock

The reality-TV boy band gets the documentary treatment

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READ MY LIPS: COLOUR FOR FALL

STRIKING HUES ARE WHAT THE LADIES WILL BE WEARING ON THEIR PUCKERS IF THEY TAKE THEIR CUES FROM FASHION OR THIS KATY PERRY PIC

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IT'S CLOBBERIN' TIME

Saskatchewan Roughriders fans take on a vehicle covered in Winnipeg Blue Bombers emblems for a charity car smash ahead of the Labour Day Classic this weekend at Northgate Shopping Centre's parking lot in Regina on Wednesday. The fans were donating a few dollars for a chance to smash the car to bits at the event, which was aimed at building excitement over the big game on Sunday between Saskatchewan and Winnipeg while also raising funds for the Kidney Foundation of Canada. Check out more photos of the smash-up at metronews.ca. ROSS ROMANIUK/METRO IN REGINA

Blades fans weigh in on potential sale

Looking to end the drought. Fans say change of hands could be positive for WHL club



MORGAN MODJESKI
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With the sale of the Saskatoon Blades potentially happening as early as next week, fans of the Western Hockey League club say a change could be exactly what the team needs.

The WHL announced on Tuesday they would be holding a special meeting of the league's board of governors to review an application to transfer the ownership of the Blades.

If approved, the team would change hands from Jack Brodsky, his brother Bob and sister

Debbie to Mike Priestner, who owns Go Auto, an Edmonton-based automotive company, prior to the 2013-14 season.

Blades fan Allan Colling, who was waiting for his bus on 22nd Street East, said he feels the change of ownership could have an impact on the team, but only if the new owner shakes things up within the organization.

"It depends on how many things change inside of management.... They're changing coaches, but Lorne Molleken has been at the helm of player choices and trades for a long time without seeing any positive results out of it, so it's hard to say if this change alone is going to do it."

Others like Peter Derbawka, a Blades fan from Speers, were more confident, saying they feel the change will be nothing but positive.

"Something has got to change there. I've always wondered why the Blades seem to get so close but never win anything," said Derbawka.

"I realized last year, every four years there's a complete turnover with the hockey players.... So if the hockey players turn over every four years and they never win, there's got to be something wrong in the organization," he said.

Lifelong Blades supporter Andy Forrester echoed Derbawka.

"I don't see it being a bad thing at all," he said. "Change never hurts. Look at the Riders — we've had so many changes and look at where we're going."

"Change may bring a Memorial Cup to Saskatoon."

The WHL board of governors will meet with both parties to discuss the application Sept. 4 in Calgary.

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Construction underway at supportive housing complex

Camponi. New complex will provide 20 apartments, on-site supports for mentally ill



MORGAN MODJESKI
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Three years long and 50 people deep, the waiting list for supportive housing in Saskatoon is extensive, but a recent groundbreaking could help address the issue.

On Wednesday morning, officials from the Government of Saskatchewan, the federal government and the City of Saskatoon broke ground on a new supportive housing complex known as the Camponi Transitional Housing project, on the city's west side.

At a cost of roughly \$3.5 million, the new apartments will go a long way in helping Saskatoon's most vulnerable, said Sandra Afseth, chairwoman of the Saskatoon Housing Coalition.

"We have our other supportive housing units which are long term and people are

actually aging in place there, so very few of those become available," she said.

"This building is going to be transitional, so people will only stay here a few months or a couple of years — just long enough to get stable."

The development will provide 20 bachelor-style apartments and on-site counselling for tenants as they redevelop their living skills, Afseth said, noting that a lot can happen to those in need while waiting for appropriate housing.

"They can end up on the street, they can end up dead and they can end up back in the hospital," she said.

"(Mentally ill people) often need the support and the structure that can be provided for them in a place like this, and if we can't provide it, then it means they're back in emergency."

The Saskatoon Housing Coalition operates approximately 80 supportive housing apartments in the city and once construction on the new facility is complete, scheduled for the fall of 2014, that number will increase to more than 100.



City councillor Ann Iwanchuk, left, participated in the ceremonial groundbreaking at the Camponi Transitional Housing project alongside Jennifer Campeau, MLA for Saskatoon Fairview, Sandra Afseth, chairwoman of the Saskatoon Housing Coalition and MP for Saskatoon-Rosetown-Biggar, Kelly Block, on Wednesday morning. MORGAN MODJESKI/METRO

Residents start petition after child beaten to death

A resident of a Saskatchewan First Nation reserve has started a petition to make changes in the community in the wake of a six-year-old boy's beating death.

Bobbi Alexson says he was one of the first at the scene on the Kahkewistahaw First Nation where little Lee Allan Bonneau was found seriously injured last Wednesday.

Lee died in hospital from his wounds, which RCMP say were consistent with an assault.

Alexson, who is 18 and works at the gas store, asks in the petition for peacekeepers and curfews to keep kids safe.

He has a copy at the store and he's letting people know about it on the Kahkewistahaw

Facebook page.

So far, more than 180 people have signed the petition, most of whom Alexson says are regulars at the store.

"I seen that little boy and his condition was, it was not good at all," Alexson said. "It kind of makes you think twice about everything. It kinda just makes your world stop."

On the reserve's Facebook page, people are airing their concerns, frustrations and support for the petition.

Sharleen Edwards wrote, "I say make it a 'dry' reserve implement it. Would be a great step to healing."

RCMP have not made any arrests in the case.

Lee had been reported mis-

sing a couple of hours after being spotted playing with dogs outside the band's community centre, where people had gathered for bingo.

Searchers later found the child about two blocks away from the hall and he was rushed to hospital, where he died of his injuries.

THE CANADIAN PRESS/CJME



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The moment we sleep, the dream ends: Obama

Martin Luther King Jr.

President uses 50th anniversary of speech to stress fight not over

The United States' first African-American president paid tribute Wednesday to its most revered civil-rights hero, standing on the steps of the Lincoln Memorial to urge Americans to continue fighting for equality and justice, 50 years after Rev. Martin Luther King Jr.'s historic "I have a dream" speech from the same spot.

"They did not die in vain; their victory was great," Barack Obama said of King and other slain civil-rights leaders of the tumultuous 1960s as he delivered his address just after 3 p.m. on Wednesday, the same date and time that King did a half-century ago.

"But we would dishonour those heroes as well to suggest that the work of this nation is somehow complete. The arc of the moral universe may bend towards justice, but



Rev. Dr. Martin Luther King Jr. speaks to thousands during his "I have a dream" speech on Aug. 28, 1963. THE ASSOCIATED PRESS FILE

it doesn't bend on its own."

Obama's remarks capped a rainy day of events that began when as many as 100,000 people marched through the drizzle to the National Mall.

Obama and many of the participants — which included Oprah Winfrey, members of King's family, Caroline Kennedy and former presidents Jimmy Carter and Bill Clinton — noted that while King called for equality and justice for all in 1963, African-Americans and other minorities still face significant obstacles.

John Lewis, now a congressman from Georgia who was the youngest speaker at King's March on Washington for Jobs and Equality, pointed out that illegal immigrants are currently "hiding in fear," that African-American men are incarcerated at higher rates per capita than any other demographic and that unemployment and homelessness are still rampant.

Indeed, in the decades since King's famous speech, race relations remain a painful, ongoing concern. Obama himself has often served as a flashpoint for race-tinged ire from his foes.

No rest for the moral

"To secure the gains this country has made requires vigilance, not complacency."

U.S. President Barack Obama

A recent Public Policy Polling survey suggested a third of those in Louisiana even blame Obama for Hurricane Katrina, which devastated New Orleans three years before he won the Oval Office.

The conservative Daily Caller news website recently maligned Obama for his new dog.

"The Obamas now have two black Portuguese water dogs," the Daily Caller wrote. "The Obamas do not have any white dogs."

There were no Republican speakers at Wednesday's event. THE CANADIAN PRESS



U.S. President Barack Obama and first lady Michelle leave at the end of the Let Freedom Ring ceremony at the Lincoln Memorial on Wednesday in Washington, D.C. ALEX WONG/GETTY IMAGES

Privacy. Canadians split over online government surveillance, poll shows

Canadians who were recently surveyed about online privacy were split on whether they approved of governments reading their email.

The poll, commissioned by the Canadian Internet Registration Authority, asked if "it is acceptable or unacceptable for governments to monitor everyone's email and other online activities."

About 49 per cent of respondents said it was "completely unacceptable," about 47 per cent of those surveyed said it was "acceptable in some circumstances" and about four per cent said it was "completely acceptable."

When asked if surveillance would be OK if it could prevent terrorist attacks, about 13 per cent said it would be completely acceptable, about 64 per cent said it would be OK in some circumstances and 23 per cent said it would still be completely unacceptable.

The results suggest Canadians are surprisingly apathetic, said Byron Holland of

Are they watching?

About 39 per cent indicated they believed they were already being monitored by the government, while about 15 per cent didn't believe that to be true. About 46 per cent weren't sure.

- 43 per cent assumed the government was tracking certain search terms.

- 40 per cent believed the government was saving Internet activity data to be reviewed in the future.

the Canadian Internet Registration Authority, which manages the .ca domain name registry.

"I think it's fair to say that most of us here and many of us deeper in the Internet community were surprised by Canadians' willingness to give up privacy in the interests of safety," he said. THE CANADIAN PRESS

Think you're safe? Canada is no better than the U.S. for online spying: McAfee

Speaking on recent leaks, U.S. software mogul John McAfee says Canada isn't immune from government spying.

"Your Canadian government has all of the facilities that the American government has, no more, no less," he says.

"If you think that the Canadian government is somehow morally or ethically or in any other way superior, you're wrong."

As an anti-virus software ty-

coon at the head of McAfee Security, he says his early clients ranged from the CIA to the American navy and air force.

"From my experience ... I know for a fact the government knows almost everything about the average citizen."

Ten months ago, McAfee, 67, was a fugitive from the Belize government, wanted for questioning in the mysterious death of his neighbour.

THE CANADIAN PRESS



U.S. software mogul John McAfee is in Canada to work on a biographical documentary by a Montreal-based company. GRAHAM HUGHES/THE CANADIAN PRESS

Netherlands knocking

Russia takes heat for menacing ship

Dutch officials are demanding that Russia explain why it threatened to fire on a Greenpeace icebreaker crew protesting energy exploration in the Arctic waters of the Kara sea.

Russia had denied the Dutch-flagged icebreaker Arctic Sunrise a permit to enter the area over concerns about the ship's ice capability, although Russia has granted permits to dozens of vessels with lesser strength. THE CANADIAN PRESS

Unhappy deal

Fast-food march may break record

Organizers say thousands of fast-food workers are set to stage walkouts in dozens of cities around the U.S. on Thursday, part of a push to get chains to pay workers higher wages. It's expected to be the largest nationwide strike by fast-food workers, according to organizers.

THE ASSOCIATED PRESS

Safety in question

Two more vendors shut down at CNE

Two more food booths have been shut down at the Canadian National Exhibition, where food poisoning earlier this month forced the closure of a burger stand.

Toronto Public Health said the additional booths — Bourbon Street Grill and Bao 360 Shanghai Express — were closed late Tuesday due to problems with sanitation, food-handling practices and the temperature at which meats were being stored. THE CANADIAN PRESS

Man attacked

Would shock fence have halted bear?

Park officials say they'll never know whether an electric fence failed before a polar bear dragged a man from his tent in northern Labrador. The bear in Torngat Mountains National Park destroyed the fence, so officials said they can't determine if it was working properly. THE ASSOCIATED PRESS

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NEWS 05

Doctor ‘disturbed’ to see a second birth-control recall

Freya-28. Women who have been taking the oral contraceptive are advised to use an additional method to prevent pregnancy

Women who have been taking an oral contraceptive that's been recalled due to a packaging error could be at risk of an unwanted pregnancy if the entire batch was affected, says the head of the Society of Obstetricians and Gynaecologists of Canada.

Dr. Jennifer Blake said women who have been taking the birth-control pill Freya-28 in the last few months should speak to their doctors and temporarily use an additional method of contraception, such as a condom.

On Tuesday, Health Canada issued a notice of recall for Freya-28 after a pharmacy

‘Twice too often’
“I was so disturbed to see that this had happened again.”

Dr. Jennifer Blake, the head of the Society of Obstetricians and Gynaecologists of Canada, of the Freya-28 recall, which is the second for an oral contraceptive this year.

reported that a package had been found that contained a placebo pill in place of an active one.

Packages of the pills sold by Mylan Pharmaceuticals should have 21 white pills containing active ingredients, laid out in three rows, and a single row of seven green placebo pills.

Two lots of the product that were sold across Canada — 3739F001B and 3739F002B — have been recalled. The company's other birth-control product, Freya-21, is not affected.

The lots contained a total of more than 79,500 individual

blister packs of the 28-day contraceptive, company spokeswoman Nina Devlin confirmed Wednesday. Almost 76,300 of those had been distributed countrywide between May 10 and Aug. 22, when the packaging mix-up was reported to the company.

Health Canada said missing one or more active pills could reduce the contraceptive's effectiveness and result in an unplanned pregnancy.

Blake said the risk of conception depends on when in a woman's menstrual cycle the extra placebo pill might have been taken.

“So if you missed a pill at the very beginning or at the very end — if that was the pill that was incorrect, towards the beginning or the end — then that means instead of having seven days of placebo pills, you've had eight days of placebo pills,” she said Wednesday from Ottawa.

“And that's assuming that that was the only error in this batch.” **THE CANADIAN PRESS**

Pot pile-on. Ford toked ‘a lot,’ while Wynne puffed ‘very, very infrequently’

Ontario's premier and Toronto Mayor Rob Ford threw themselves in the political pot debate Wednesday, confessing they too smoked dope — and more than once.

Ford, who's been fighting allegations that he smoked crack cocaine, raised eyebrows when he freely admitted to using a different drug.

“Oh yeah,” he said with a laugh. “I won't deny that. I smoked a lot of it.”

Ontario Premier Kathleen

Wynne also came clean that she puffed, but “very, very infrequently” and stopped 35 years ago, before her children were born and she was elected.

“It's never been a big part of my life,” said the 60-year-old premier.

They're the latest high-profile politicians to own up to using marijuana, after Liberal Leader Justin Trudeau admitted last week that he took a pull on a joint three years ago while he was an MP. **THE CANADIAN PRESS**



Toronto Mayor Rob Ford answers questions at a press conference at city hall in May. Ford is adding fuel to the controversy surrounding his alleged use of illegal drugs by publicly admitting that he's smoked pot. MICHELLE SIU/THE CANADIAN PRESS

Trudeau. Mum on platform, for now

Justin Trudeau has identified what's ailing the middle class, but he won't be rushed into offering any prescriptions.

He says that will have to wait until the party unveils its platform for the 2015 election.

“This is not something to take lightly,” he said during a break in a Liberal caucus retreat, aimed at plotting strategy for the resumption of Parliament this fall and beyond.

“It's not something to reel off because people want answers. People want answers — but people want to be part of generating those answers.

“And that's where the Liberal party is absolutely serious about the kinds of meaningful consultation and working with Canadians to build a platform.” **THE CANADIAN PRESS**



Justin Trudeau
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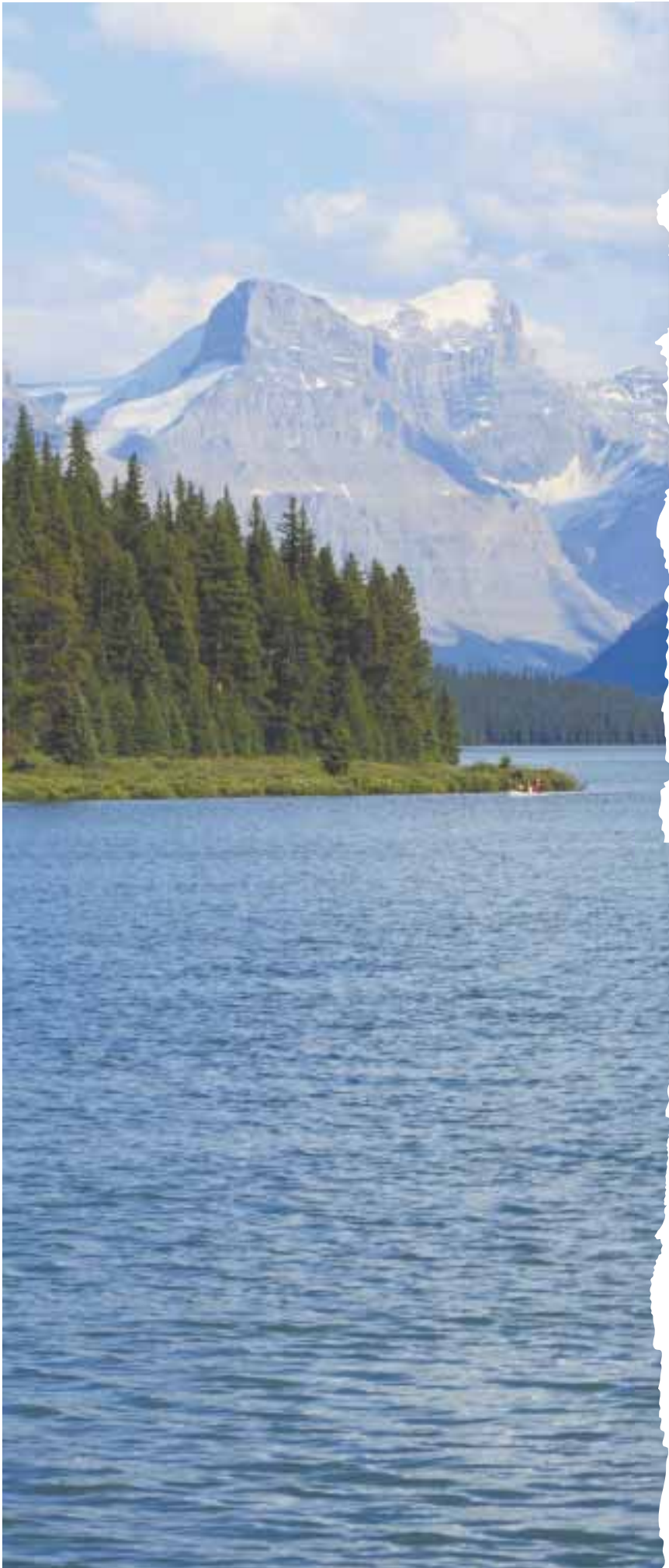
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Edmonton

Redford will head up trade mission to China

Alberta Premier Alison Redford will lead a delegation to China next month to drum up business in the Pacific Rim. She is to be accompanied by delegates from 15 small businesses and three regional economic development associations, and the presidents of the universities of Alberta and Calgary.

THE CANADIAN PRESS

Market Minute

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Syria crisis sends Asian stock markets reeling

A woman walks past the day's Nikkei 225 stock index seen on a board in Tokyo on Wednesday. The growing likelihood of Western military action against Syria pummelled Asian stock markets on Wednesday and sent the price of oil soaring. SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Made-in-U.S. phone isn't more expensive to produce, IHS says

Home advantage. New Moto X is assembled in Texas, but it's cheaper to make than Galaxy S4

Motorola's new Moto X phone doesn't cost more to make simply because it's assembled in Texas, research firm IHS said Wednesday.

The Moto X is the first smartphone to carry the Made in the U.S.A. designation. While labour costs are higher in the U.S. compared with Asian factories, where phones are typically made, IHS said the Moto X is about five per cent cheaper to make than Samsung Electronic Co.'s flagship Galaxy S4 phone.

The firm said the Moto X's overall production cost is just nine per cent more than that of Apple's iPhone 5.

The findings come as little surprise, as the labour cost of a phone is just a small part of its production cost. IHS esti-



Moto X smartphones, shown here at a press preview in New York this month, are assembled in Texas. That means U.S. clients can order custom designs online for delivery within four days. MARK LENNIHAN/THE ASSOCIATED PRESS

mates that labour and other assembly costs Motorola \$12 US per phone for the Moto X, bringing the production cost to \$226 US. That compares with \$207 for the iPhone 5 and \$237 for the Galaxy S4. IHS said Motorola is able to keep the cost of parts low by

using standard components that don't break much new ground.

By assembling the phone in Fort Worth, Texas, Motorola is able to let U.S. customers order custom designs online for delivery within four days. Standard black or white models are available immediately at retail stores.

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs," said Andrew Rassweiler, senior director for cost benchmarking services at IHS.

IHS said the estimated \$12 for assembly is about \$3.50 to \$4 more than other leading phones. "Our initial estimate suggests the additional costs of onshoring the Moto X are relatively low," IHS said.

The phone went on sale in the U.S. last Friday, starting with AT&T. It's coming to other carriers, including Verizon this week. The Moto X's price is about \$200 US with a two-year service agreement.

The Moto X is Motorola's first phone designed from the start under its new owner, Google Inc. The Internet search company bought Motorola Mobility for \$12.4 billion US last year.

THE ASSOCIATED PRESS

Smartphone, smart move?

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs."

Andrew Rassweiler, senior director for cost benchmarking services at IHS

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JERKS AND FOOLS, I'M TALKING TO YOU

Good news, everyone! The new 2013 rules for The Game of Life have been released. Not the board game, the real thing.

Effective immediately, cyclists who ding impatiently at pedestrians while riding on the sidewalk must take an eight-week night course explaining the etymology of the word "sidewalk." This is compulsory. Oh, and the costs are covered in full by you. You're welcome.

On public transit, passengers forced to watch couples engage in long, noisy, open-mouthed kisses now have permission to make special requests, such as "More tongue!" We hope this all-in approach will help smooth over any uncomfortable feelings.

On Internet forums, it is now unacceptable to write "Who cares?" under a story that you took the time to click on and read. This will help free up the Internet for substantive conversation, should that ever become an issue.

Also, you may no longer use an online article about, say,



HE SAYS

John Mazerolle

metronews.ca

butterfly migration to make a point about whichever political party you dislike. Come to think of it, let's just leave all Internet forums blank for now.

You may not complain about your young children on Facebook. Because no matter how bad a parent you are, they will still probably learn to read.

Using a homeopathic remedy for your cold is using something that has never worked on something that has never been cured, retroactive to the Dawn of Man. Please make a note of it.

During bar arguments, use of the phrases "We can't be sure anything's real," "That's just your opinion," and "Paradigm shift" will result

in the instant loss of the argument. Bars may order a special "ringside" bell from the Game of Life catalogue to strike at the end of the argument. Order now and we'll throw in a barstool that automatically ejects the user into the street if they use the

phrase "You remind me of me at that age."

Cigarette butts are garbage. Live with it.

Cigarette butts and all other garbage must now be held onto even if there is no garbage can within sight. Thanks to special new laws of "cause and effect," smoked cigarettes, empty potato-chip bags and chocolate-bar wrappers are actually smaller and lighter than they were before you consumed their contents, for easy carrying.

Starting without delay, people who sit with laptops in crowded coffee shops will be chalked off by laptop police to ensure they move after 60 minutes. Violators will be towed.

Singing along so loudly at a concert that everyone within three rows is getting an off-key concert from you instead of the artist they paid \$110 to see remains totally awesome, so, please, continue.

As per standard operating procedure, these new rules are for jerks and fools only. Nice, smart people can continue as before.

We hope these easy-to-follow guidelines will help you avoid becoming a sack of useless human flesh. There's so much wasted meat in the world as is.

ZOOM

20,000 people need a shower



ALBERTO SAIZ/THE ASSOCIATED PRESS

Streets in Spain run tomato red

Crowds of people throw tomatoes at each other during the annual Tomatina tomato-fight fiesta in the village of Bunol, 50 kilometres outside Valencia, Spain, on Wednesday.

Thousands of people splattered each other with tons of tomatoes in the annual battle in recession-hit Spain,

with the debt-burdened town charging participants entry fees this year for the first time.

Bunol officials said some 20,000 people took part in the hourlong street bash, inspired by a food fight among kids back in 1945.

Participants were this year charged 10 euros (\$13) to foot the cost of the festival. Residents do not pay.

THE ASSOCIATED PRESS



A woman kneels on the street covered with tomato juice during the annual Tomatina tomato fight.

ALBERTO SAIZ/THE ASSOCIATED PRESS

Debt-ridden city

5 million

Bunol, with 10,000 inhabitants, has a debt of some five million euros. The town said six trucks brought 130 tonnes of ripe tomatoes to the scene. Portable showers were set up for revellers to clean up after the battle. The mayor of the town told a press conference that the decision to charge people was "one that no one wanted to make."

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

In the past few years, Soundcloud has grown from a promising music-sharing site to an absurdly rich source of new music made easy to find with slick social-network tools. If you haven't tried it, sign up for an account and get started by giving these two a follow.



Cascade:

A London/New York-based record label with an eclectic mix of artists, including some real gems that can best be described as daytime disco. Head over to their page and hit play on the first track. You won't press stop any time soon. (soundcloud.com/cascade)

Johnny Jewel:

The production brains behind Portland's mighty Italians Do It Better label, Johnny Jewel also happens to be a benevolent Soundcloud account holder, regularly posting new tracks, remixes and even full albums of his dark dance music. (soundcloud.com/johnnyjewel)

Twitter



@metropicks asked: What's your biggest cell etiquette pet peeve? Eating with a cellphone on the table? The expectations of a company cell?

@5gatos: being on the phone whilst paying for groceries etc. It's just plain rude to the person serving you.

@JameyMPhoto: Seeing someone talking on the phone while being served in the service industry grinds my gears. It's unbelievably rude.

@josephinecleo: was a makeup artist for years, most annoying is to put lipstick on a gal while she's making pre-drink plans on her cellphone!

@ufosinvancover: Cellphone

usage during stargazing. It creates small scale light pollution and makes it incredibly difficult to focus.

@MOWLondon: reading these replies are all true and so many more#depressing. Technology has desensitized so many

@thepolishviking: having an in-person conversation repeatedly interrupted by "oops, I need to take this call/check Facebook/tweet/etc". Ouch.

@SusanDB11: people talking loudly on cellphones on bus/train. Nobody wants to hear your conversation!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

SCENE 2

New faces, same ol' wiggle

Entertainment.

The original crew of performers may have changed but The Wiggles continue to thrill children across the world



BACKSTAGE PASS

Simon Hiatt
saskatoon@metronews.ca

If you're not familiar with The Wiggles, odds are you haven't been the parent of a small child during the past two decades.

The group, which grew from playing small venues in Australia in the early '90s to international superstardom, has undergone some big changes over the past year.

The wildly popular children's entertainers, who performed in Saskatoon last night, have changed their lineup to include three new members.

But Lachlan Gillespie who has taken over the role of the Purple Wiggle says their target audience doesn't seem too phased by the switch.

"I think as long as they see the four coloured shirts up there and the other characters and hear the songs they know, they're happy," Gillespie said in a telephone interview following a show last week in Massachusetts.

Gillespie first joined the Wiggle family as part of a touring Captain Feathersword group in Australia.

He graduated on to the main company soon thereafter as a background performer and must have made an impression.



Since starting out as a small group in Australia, The Wiggles have found international fame. CONTRIBUTED

"I was very much content with just being a part of the show, it was a wonderful job. And then halfway through last year they asked if I would like to be the purple Wiggle and it's been an honour. It really has been a dream come true."

Three of the original members decided to retire from the group, and passed their sweaters on to the new members with their blessings, in part due to health concerns.

While the show may be for kids, the toll it can take on performers isn't child's

play.

Gillespie says he is still adjusting to the grueling schedule that will take the group to thirty-five cities across North America through early October. But he says it's easy to draw inspiration from the young audiences, even

Original concept

The Wiggles began as the brainchild of three pre-school teachers in Australia and Gillespie believes the reason the group has endured is they have stayed true to the original concept of connecting with children at that age level.

- **Quote.** "They really did know what appeals to children and how to speak to children. I think that's the basic reason why it's still going, the method has never changed. Whatever we do we keep in mind that the children are our audience and we respect that."

during shows like the one in Massachusetts where the temperature was pushing forty degrees Celsius.

"All the performers were dripping with sweat, and the same with the audience, all the children had little red faces. But they loved it and that energizes you. You might get out there and feel a little lethargic, but as soon as you see them singing and dancing and having a great time it takes everything away."

The goal of the current tour is to introduce the new wave of Wiggles to North American audiences and Lachy says they have been welcomed with open arms by both the younger viewers and those who have accompanied them.

"We have young adults who grew up with the group and now they're coming back with their own kids, so it's come full circle. It really is a lovely thing to experience."

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Versatile Spurlock aims his focus in One Direction



The famous five: One Direction, the subject of Morgan Spurlock's latest documentary, in concert. HANDOUT

One Direction: This Is Us. Talented documentarian wants to take the viewer inside the everyday lives of the ultra-famous boyband

NED
EHRBAR
Metro World News in Hollywood

Documentary filmmaker Morgan Spurlock has taken on plenty of behemoths, from fast food to the hunt for Osama Bin Laden to the pervasiveness of product placement. Now he turns his cameras on the reigning kings of pop music, One Direction. But with a band that was formed on reality TV, how much more is there to reveal?

How do you approach telling the origin story of one of the most well-documented groups in history?

The thing for me coming into it was to do it as quickly and as cohesively as possible. It's a very quick part of the film. That whole story probably isn't more than five to seven minutes of the actual movie. I just wanted to take you on the ride with this group so you can get a sense of coming into their lives, understand what it's really like to be a part of One Direction.

As you show in the film, these guys really have trouble going anywhere.

The minute they walk out of their hotel, they get off a plane, there's always people there waiting. They have been blown up through social media — I mean, the fans have really taken ownership of this band — to the point that every time they go anywhere it's literally shared out and broadcast on Twitter. So it's difficult for them to go anywhere now.

Speaking of Twitter, having pop idols isn't necessarily new. But this meteoric rise you discuss in the film, it seems without Twitter it couldn't have happened as fast.

I don't think it would've happened as fast. I think Twitter played a huge part in exploding the band throughout the U.K. first, taking them to Europe. People all over the world heard about them and knew about them before they even had their first record out. So this whole idea of sharing that information was incredible, and part of that is the reason that I think the fans are so dedicated to them and so passionate. It's like having stock in a company.

Do you envision the guys from the Backstreet Boys or New Kids on the Block shaking their fists and going, "If only! Damn you, Twitter! How could you have come so late?"

(Laughs) Those guys didn't seem like they were hurting too much. They should be much more upset about the way that their managers roped them into bad deals and massive ownership of the band, which didn't really happen with (One Direction).

There's been a lot of coverage of the guys' tendency to rough-house and play grab-ass with each other, yet there's none of that in the film whatsoever.

You see them goofing around. In the end credits you see some of the wrestling that's happening, you see them messing around with each other. There's nothing to the extent of what the media turns things out to be. People just think that they wake up and wrestle all day, and that just doesn't happen. They're backstage walking around shirtless every day, so that's in there.

One surprising thing in the film is how distractingly attractive their backing band is. Yeah, not only are they a good-looking band, but the back-up band is good-looking. That's true. (laughs) They have four incredibly handsome backing musicians. There's not an ugly guy on that stage. I think there was a conversation about getting uglier musicians (to make the guys look better) and they were like, "No, no. We can't do that."

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Last Week: - / Weeks on List: 1



★ 2. WINTER OF THE WORLD Ken Follett

Ken Follett follows up his #1 New York Times bestseller *Fall of Giants* with a brilliant, page-turning epic about the heroism and honor of World War II, and the dawn of the atomic age.

Last Week: - / Weeks on List: 1

This Week	Last Week	Weeks on List
3. OMENS Kelley Armstrong	1	2
4. THE BONE SEASON Samantha Shannon	2	2
5. THE GIRL YOU LEFT BEHIND Jojo Moyes	5	2
★ 6. HOW THE LIGHT GETS IN Louise Penny	-	1
★ 7. BONES OF THE LOST Kathy Reichs	-	1
8. THE LAST KISS GOODBYE Karen Robards	8	3
9. THE KILL LIST Frederick Forsyth	9	2
10. I DECLARE Joel Osteen	10	4
11. THE INCONVENIENT INDIAN Thomas King	11	3
12. WAGING HEAVY PEACE Neil Young	6	5
13. WALLBANGER Alice Clayton	13	3
14. THE CASUAL VACANCY J.K. Rowling	14	6
15. INFERNO Dan Brown	15	15
16. THE WHITE PRINCESS Philippa Gregory	4	6
17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	20
18. CRAZY RICH ASIANS Kevin Kwan	18	5
★ 19. THE SILENT WIFE A.S.A. Harrison	-	1
20. A TAP ON THE WINDOW Linwood Barclay	3	4

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 2nd

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2009	FORD FOCUS	SE	4DR	GREY	N33766A	~~\$10,388~~	\$9,888	\$500	\$89
2008	TOYOTA YARIS	LE	5DR	GREY	N33667A	~~\$12,388~~	\$10,999	\$1,389	\$106
2009	NISSAN SENTRA		4DR	WHITE	N33899A	~~\$14,388~~	\$12,999	\$1,389	\$123
2009	NISSAN ALTIMA	S	4DR	GREY	B5791	~~\$15,388~~	\$13,999	\$1,389	\$129
2009	GMC CANYON	SLE	RWD	BEIGE	NB5763B	~~\$15,388~~	\$13,999	\$1,389	\$131
2009	HONDA CIVIC	DX	4DR	SILVER	B5790	~~\$16,388~~	\$14,999	\$1,389	\$139
2010	MAZDA 3	GX	4DR	GREY	B5783	~~\$18,388~~	\$16,999	\$1,389	\$165
2012	HYUNDAI ELANTRA	GL	4DR	GREY	B5799	~~\$18,388~~	\$16,999	\$1,389	\$112
2007	MAZDA CX7	GS	AWD	BLACK	B5777	~~\$18,388~~	\$16,999	\$1,389	\$157
2010	DODGE GRAND CARAVAN	SE	FWD	WHITE	B5784	~~\$18,388~~	\$16,999	\$1,389	\$165
2009	HYUNDAI SANTA FE	LTD	AWD	BLUE	N33812A	~~\$20,388~~	\$18,999	\$1,389	\$145
2011	CHEVROLET TRAVERSE	LS	FWD	SILVER	N33868A	~~\$20,388~~	\$18,999	\$1,389	\$145
2012	DODGE GRAND CARAVAN	SXT	FWD	SILVER	B5778	~~\$20,388~~	\$18,999	\$1,389	\$145
2010	CHRYSLER 300	LTD	4DR	WHITE	B5787	~~\$20,388~~	\$19,999	\$389	\$183
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2012	HYUNDAI TUCSON	GL	AWD	GREY	B5773	~~\$23,388~~	\$21,999	\$1,389	\$142
2009	NISSAN MURANO	SL	AWD	BLUE	N33876A	~~\$24,388~~	\$22,999	\$1,389	\$208
2011	CHEVROLET EQUINOX	1LT	AWD	BROWN	B5792	~~\$24,388~~	\$22,999	\$1,389	\$148
2010	DODGE CHALLENGER	SE	2DR	BLACK	B5725	~~\$25,388~~	\$23,999	\$2,389	\$187
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2013	HYUNDAI SANTA FE	PREM	AWD	BLACK	B5764	~~\$30,388~~	\$28,999	\$1,389	\$185
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Ash learned her lesson: don't laugh and think terrible thoughts

Canadian starlet. Learning to improvise with Rebel Wilson was enjoyable, but holding in her giggles while doing so was a challenge

There was one thing Lauren Ash learned early on during the filming of Super Fun Night.

"You get really good at biting the inside of your mouth to try not to laugh, and thinking terrible thoughts," says the Canadian, who stars alongside Aussie Rebel Wilson in the new comedy about three 20-something friends rediscovering the joy of spending a Friday night out on the town.

"They are kind of like fishes out of water, for lack of a better term," said Ash, who

plays Marika. "Every week we get to see them do things that you and I may think is normal, but this is a huge deal for them.

"Absolutely, girl's night is a huge thing. I don't know why we have to label it so, but I think women in general like that. 'We are going to do it. There aren't going to be any guys and we are going to wear pyjamas.'"

Just don't assume this is a female version of The Big Bang Theory, warns Ash.

"They are just social misfits. They are weirdos, not nerds. There is nobody who is quoting science or anything."

If anything, the show is more akin to a 1980s John Hughes comedy.

To really bond, Ash says the cast spent some time together away from the set — which helped when it came to improvising their scenes.

From personal experience

• Rebel Wilson says Super Fun Night burst from her own social misadventures. The Australian-born comedian-actress said she used to sit home many nights with pals watching DVDs. Then she resolved to spread her wings and force herself into social situations.

"You get this rolodex of things you can pull out that the other person will be familiar with and will make them laugh a little bit," says Ash, who studied at Toronto's Second City. "It was a pretty big dream for me to be able to improvise, and it made for a really amazing experience."

Super Fun Night premieres Sept. 30, on City.

METRO



Eva Longoria voices Rudy in the new animated series Mother Up. CONTRIBUTED

Short hair, but mixer of mean martinis

Mother Up. Desperate Housewives star fully utilizing college education but hasn't forgotten how to entertain as she takes on lead role as a mom

She has a distinctive voice — and laugh — but that doesn't mean Eva Longoria is seeking out a singing career in her future. "People hear me and say, 'You have a great voice, you can sing!' but I can't," she readily admitted. "I am horrible. I can't sing, but I can be Rudy."

Rudy is the sarcastic, smart, narcissistic — throw in about a half dozen other adjectives — streetwise mom in the new animated series Mother Up. A mid-season addition to City's line-up, the show follows Rudy, a former music exec, as she navigates the roads of suburban motherhood.

"I think that is a compliment," Longoria, who starred in eight seasons of Desperate Housewives, added about her voice. "After Desperate Housewives I thought it would be easy to go into the sound booth without hair and makeup and just crawl into something ... but it is not easier; ... It is very

hard to create a character in a sound booth."

Not only is Longoria adding her voice to Mother Up, she is also executive producing it, along with this summer's successful Devious Maids, which was recently renewed for a second season. We decided to quiz her on a few topics.

On having a say about what Rudy looked like:

"I wanted her to have longer hair, but that is apparently really expensive in animation, like another 'gazillion' dollars when the hair goes past the shoulders. ... But usually she has a martini and a cigarette in the hand."

The difference between Rudy and Gabrielle Solis, her character from Desperate Housewives:

"I would say Gaby was my opposite. She hated being married, wasn't really domestic, was a horrible friend, didn't want children, so she was like a giant opposite of me, so it was really fun to play her. Rudy is nothing like anything I have ever been, so she is like a complete opposite. So she is this fun character I get to create totally. I have zero reference to play her."

On pushing the limits with animation:

"It is an adult cartoon, so there is a lot of bleeping. The content is very inappropriate and funny. It's in the realm of Family Guy, American Dad. A little more risqué than The Simpsons. But it is really funny and we can't wait to push the envelope and we are lucky to have a format to do it in."

On creating shows and not just acting in them:

"I became famous, or had my success, very late in life. I was 28 or 29 — well not late, but I wasn't 17 like some young star, some child star. I had worked in corporate America; I had already graduated from college, and so I had all of that business background. I love that aspect, because as an actor there is no recipe for success. You can do what I did and it might not work. In business, there are barometers of success."

On a Desperate Housewives movie:

"No. ... The difference between us doing a movie and Sex in the City; Sex and the City was on HBO for 11 or 12 episodes a year and only went six seasons, so there wasn't a lot of episodes out there. We did 24 episodes a year for eight years, so we fully explored the characters."

METRO

SALES REPRESENTATIVE

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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 30, 2013. PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line. All submissions will be treated as confidential.



James Wolk performs with Kelly Clarkson on the season premiere of *The Crazy Ones*. CONTRIBUTED

Williams makes it easy to Wolk alongside him

The Crazy Ones. James Wolk praises comic legend Robin Williams for his inclusive style and over-confident advertising role

It sounds like an exercise in biting off more than you can chew, but actor James Wolk says improvising alongside Robin Williams isn't as intimidating as you would think.

Williams is known as a rapid-fire jokester whose mind travels at warp speed through a punch line, but he is also generous to those around him. "You never feel that you are in this dangerous place. You almost feel like you are doing a dance with him," said Wolk, who stars with Williams in *The Crazy Ones*, a new Chicago-set comedy about the world of advertising premiering on City Sept. 26.

"I think one of the most generous things about him, in working alongside him and as an actor, is that he

takes you with him."

Wolk plays the over-confident — almost to a fault — right-hand man to Williams, whose character owns the advertising firm with his daughter, played by Sarah Michelle Gellar. In the pilot, Williams and Wolk try to get Kelly Clarkson to sing a jingle for a commercial. It's a scene packed with comedic opportunities for Wolk's character.

"I think anyone who can jump into a recording studio with Kelly Clarkson and think he is so wonderful that he wants to sing alongside of her is going to take us on a very interesting journey," he said.

"He fancies himself a Lothario if you will. I think at the end of the day we are going to have to see his redeeming qualities, otherwise you get sick of seeing someone like that. I think the comedy will also come from the fact that — quite simply — to watch someone so blindly confident is funny in itself."

Surprisingly, this is the second time Wolk has played a role related to ad-

Picking Sides

So, is James Wolk more a fan of Sarah Michelle Gellar's *Buffy the Vampire Slayer* or *Mork & Mindy*, the comedy that turned Robin Williams and co-star Pam Dawber into household names?

"Pam Dawber is one of the most famous alumni from my high school ... and she spoke at my high school graduation, so I think I am going to have to say *Mork & Mindy*. I am sorry Sarah. I love you."

vertising in less than a year. Earlier this spring he played the much-discussed character of Bob Benson on *Mad Men*.

"I think an actor is never more on top of their game unless they're busy and they don't have time to think about what they are doing," he said. "It provided me with a place to bounce back and forth creatively."

METRO

Apple iTunes FESTIVAL



Vampire Weekend
September 15



Thirty Seconds to Mars
September 18



Robin Thicke
September 24

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One Direction. ALL PHOTOS GETTY IMAGES

One Direction in jokey mood with Swift at VMAs

The boys in One Direction certainly have a sense of humour. When asked by E! News about being at the MTV Video Music Awards with Taylor Swift — who won an award for I Knew You Were Trouble, a song supposedly about ex-boyfriend and One Direction member Harry Styles — they

got a bit cheeky, with Niall Horan offering, "I don't know, she just started writing songs about me." Styles himself chimed in, reporting that he'd spoken with Swift that evening. "I said, you know, she needs to leave him alone," Styles joked. "I said, 'Niall is a nice guy.'"



Piers Morgan

Billy Ray responsible for Piers' achy breaky heart

Piers Morgan is having a blast teasing Billy Ray Cyrus about cancelling an appearance on his talk show. "Billy Ray was supposed to be on the show tonight to explain his daughter's behaviour," Morgan offered earlier this week, his

hopes dashed that the Achy Breaky Heart singer might weigh in on Miley Cyrus' controversial MTV Video Music Awards performance. "I'm not sure he's quite worked out what his explanation is yet, so we've decided to postpone it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Martin's journey out of the closet was a tough one

While Ricky Martin has been feeling much more at peace since coming out of the closet three years ago, he didn't always feel so great about himself — something he'd take out on others. The Puerto Rican

singer admits to GQ Australia that he used to bully other gay people while he was in denial about his own sexuality. "I look back now and realize I would bully people who I knew were gay. I had internalized homophobia," he says. "I was very angry, very rebellious. I was ashamed. When you're told you're wrong by everyone — from society, from your faith — my self-esteem was crushed. I took my anger out on those around me."



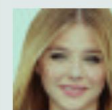
Alec Baldwin

Paparazzi ensure Baldwin boils over once more

While Alec Baldwin having a nasty run-in with the paparazzi isn't necessarily news anymore, the latest incident got more than a little physical. Baldwin reportedly got into a shoving match with a photographer trying to snap a shot of the 30 Rock star and his wife, Hilaria

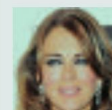
Baldwin, according to E! News. Photos from the scene show Baldwin forcing the man down against the hood of a car, though neither party elected to file a police report. Hilaria gave birth to the couple's first child just days before the incident.

Twitter



@ChloeMoretz

That moment when you're about to say hey to someone cause you think you know them but they just have the same face as someone else cause they go to the same plastic surgeon



@ElizabethHurley

Getting that Going Back To School feeling.....labelling clothes and trying to find gum shields.



@diablocody

I am only cool in 30-second increments before I am consumed by a Pigpen-like cloud of loser-stink.

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Jury belongs behind bars, Joe Francis says after being sentenced to 270 days in jail

Girls Gone Wild impresario Joe Francis was sentenced to 270 days in jail and three years of probation for the 2011 assault and false imprisonment of a woman at

his Bel-Air mansion, according to TMZ.

Francis was also ordered to complete a course of anger management training, which will last for a year and be comprised of weekly counselling sessions.

He was convicted earlier this year on one count of assault causing great bodily injury, three counts of false imprisonment and one count of intimidating a witness.

Francis, however, still maintains his innocence, telling reporters at the time of the verdict, "I have done nothing wrong. This is a total joke."

"It did not happen and that mentally challenged jury should be put in jail."



Joe Francis

Mad for la mode

As the show comes to a close, let's chat about the clothes

Christina Hendricks says it's going to be difficult when the seventh and final season of *Mad Men* starts filming this November.

"I just want to milk it as long as possible," said

Hendricks, who plays Joan Harris on the critically acclaimed AMC drama.

"I want to really enjoy this last season every second that I can because it's been a really special time for me and a really special show."

Hendricks spoke to The Associated Press on Thursday in Chicago, where she was hosting the opening of the city's Magnificent Mile

Shopping Festival.

So what was her favourite outfit during the show's run? A knee-length, belted purple dress with a silk fuchsia scarf, which was re-created for the Barbie collector doll.

"It has a little kick-pleat in the back," she said. "It's all about the detail. That's why I love all those vintage things. It's the details."

THE ASSOCIATED PRESS



Christina Hendricks
GETTY IMAGES

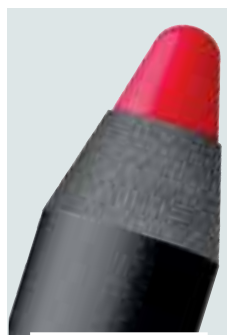
Trends Report

- A new hair trend that has the web already buzzing may be the next big thing for 2014. Go online to Trends Report to find out what it is. Hint: You'll be seeing halos.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

Kiss your lip gloss goodbye



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NARSCOSMETICS.COM



ESTEE LAUDER PURE
COLOR VIVID SHINE
LIPSTICK IN POPPY LOVE
\$25, ESTEEAUDER.COM



When creating a bold lip, keep the rest of your makeup simple.
GETTY IMAGES

Inspired by the striking lips at some of the world's biggest fashion shows, including Burberry, Prada, Missoni and Oscar de la Renta, we decided to

round up our favourite bold shades to wear now. Pair them with dewy eyes and barely there makeup for optimum pop.

TINA CHADHA



CHANEL ROUGE ALLURE
VELVET LUMINOUS MATTE
LIP COLOUR IN
L'EXUBERANTE
\$34, CHANEL.COM



TOM FORD
BEAUTY LIP COLOUR
IN WILD GINGER, \$48,
NEIMANMARCUS.COM



REVLON COLORSTAY
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SUEDE LIPSTICK IN
BACKSTAGE, \$10



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MACCOSMETICS.COM

One-minute miracle

Take a dip in the honey pot

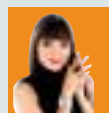
Marc Jacobs Honey Eau de Parfum, \$80 (50 mL), available at Hudson's Bay.

"Freshen up your fragrance wardrobe during the last days of summer, with a new spritz from Marc Jacobs. Honey is the inspiration and name of this perfume, but the scent is a mix of pear, mandarin, peach, orange blossom and honey-suckle. With a base of honey and vanilla it smells good enough to eat." Deborah Fulsang, TheKit.ca



FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Twitter



JEANNE
SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@TypeACreative1: The only down side to losing 30 lbs is that my fave maxi dress by @EDITbyJeanneB doesn't fit!
@Jeanne_Beker

@Jeanne_Beker: @EDITbyJeanneB Awww! Get a good alterationist!

@DejaLaVogue: hi Jeanne! love how ur Real & Enthusiastic re: fashion. i'm a Cdn accessories artist getting a start...

encouraging words? TY:D

@Jeanne_Beker: Don't be afraid. And NEVER give up!!

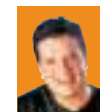
@charmedchickJG: A curious question: do you like to knit?

@Jeanne_Beker: I have completed a couple of sweaters and many a long scarf in my day!

3 TIE

Back to the school routine

Summer is sadly almost over and the back-to-school routine will be setting in soon for most families. Getting kids up, showered, fed and on their way is no easy task. Here are some handy products to help ease your child into the school year.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Wake-up light

No need to flicker the lights on and off to wake up your teen; there's an alarm/lamp that will do a better job. HF3505 Philips Wake-up Light, \$99, homehardware.ca.



Block-out blinds

Get your little ones to sleep early in the evening (or to sleep in on weekend mornings) with room darkening blinds. Roman Blackout Shades, from \$39, bouclair.com.



Friendly alarm

Sometimes a trusted friend is the only one that can get the kids out of bed. Let your little one choose their fave. LEGO Ninjago Figure Clock, \$25, toysrus.ca.



Carry it all

Tweens and teens will run to the shower if they can take their favourite bath accessories without sharing. Mesh Shower Tote, \$18, bedbathandbeyond.ca.



Timed toothbrush

With an auto two-minute timer, you'll be sure they are brushing long enough. Fun music tones tell them when to move the brush to another area of the mouth. Philips Sonicare For Kids toothbrush, \$70, target.ca.



Musical shower head

Encourage more time in the shower by playing their favourite music. Moxie shower head and coloured Bluetooth speakers, from \$148, kohler.ca.



Breakfast helper

Your teens can have some fun in the mornings by making their own hot breakfast sandwich. Breakfast Sandwich Maker, \$30, hamiltonbeach.ca.



Removable memo board

Get them set for the week by having the agenda easily in sight. WallPops! Interlocking Puzzle Dry Erase Board Set, \$14, bedbathandbeyond.ca.



No-key door lock



No need to worry about lost keys — simply set up a pass code and finger print system for each family member. ITouchless Bio-Matic Fingerprint Deadbolt Door Lock, \$400, homedepot.ca.

Key safe

Keep an extra key safely locked away for babysitters, locked out kids and deliveries to the house. GE Key Safe Slimline Push Button, \$40, homedepot.ca.



Butler advice

Ironing tips just in time for school



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With back-to-school season in full swing, parents are busy buying new clothes for their scholars. With so much to do, most moms and dads don't have the

time to iron their children's clothing and most kids don't know how to iron, so how to circumvent this problem?

Here are a few tricks to help speed things along.

1. Buy casual clothing — jeans, T-shirts, sweat-shirts etc. Traditionally casual clothing requires less care than formal clothing — like 100 per cent cotton dress shirts and linens.

2. When you wash clothes, and then put them in the dryer, do not

over dry them. As soon as the dryer is finished, pull them out and either hang them or fold them. This helps reduce the wrinkles.

3. When you have your morning shower, hang the garments in your bathroom and close the door. The steam will help relax the fibres and release some of the wrinkles.

4. This works really well with shirts and bed sheets. Again take the sheets out of the dryer as soon as they are ready. In the case of sheets, put them on the

bed and give a very light spray of cold water. Tug the sheet from all sides and let them dry. This will help release the wrinkles. The same technique works for dress shirts. Hang them on a hanger and lightly spray with cold water and pull the shirt out from all sides.

In the end, there is nothing better than a freshly ironed bed sheet or dress shirt, but in the event that you can't or just won't iron, the above will surely be of some help.



Is there anything better than a freshly ironed shirt? (I doubt it.)
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This is a great dinner when you want to combine your protein with your vegetables. Eggplant and chicken go so well together.

It's a comfort-type meal that's great the next day as well.

Ingredients

- 2 eggs
- 2 tbsp milk
- 2/3 cup seasoned bread crumbs
- 3 tbsp grated Parmesan cheese
- 4 crosswise slices of eggplant, skin on, approximately 1/2 inch thick
- 1 lb skinless, boneless chicken breasts (about 4, pounded thin)
- 2 tsp vegetable oil
- 1 tsp minced garlic
- 1/2 cup tomato pasta sauce
- 2/3 cup grated havarti or mozzarella cheese

Layered Chicken and Eggplant Parmesan



This recipe serves four. COURTESY ROSE REISMAN

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray. In small bowl, whisk together eggs and milk. On plate stir together bread crumbs and Parmesan. Dip eggplant slices in egg wash, then coat

with bread-crumb mixture. Place on prepared pan and bake for 20 minutes, or until tender, turning once.

2. Meanwhile dip chicken in remaining egg wash, then coat with remaining bread-

crumb mixture. Heat oil and garlic in nonstick skillet sprayed with vegetable spray and cook chicken for 4 minutes, or until golden brown, turning once.

3. Spread 1 tbsp of tomato

sauce on each eggplant slice. Place one chicken breast on top of each eggplant slice. Spread another 1 tbsp of tomato sauce on top of each chicken piece. Sprinkle with cheese and bake for 5 minutes or until cheese melts.

Have your beer and roast a chicken, too

1. Set oven rack in lowest position in oven. Remove upper racks. Heat to 175 F.

2. Wash hands well with soap. Remove neck and bag of giblets from inside chicken. Slide fingertips underneath skin at neck opening and gently work skin away from meat. Continue as far as you can reach on both front and back. Turn chicken over, and repeat from cavity opening at base of bird, making sure to loosen skin on drumsticks so that it is attached only at the wings and the ends of legs.

3. Use knife to pierce skin at foot end of each leg and at tail end of the front and back.

4. Pour contents of beer can into a glass, and enjoy. Push empty can into the tail end of the bird far enough that it can stand upright as it rests on can.

5. Use bulldog clip to pinch skin closed so that steam inflates the loose skin like a balloon and holds it away from the damp meat as the chicken roasts.

6. Set baking sheet in oven. Insert probe of oven-safe thermometer into deepest part of the chicken's thigh. Stand chicken upright (on can) on baking sheet and roast until core temperature reaches 145 F if you want the white meat to be juicy and

tender; for more succulent dark meat, continue roasting to a core temperature of 150 F. A medium-size roaster will need 3 to 4 hours.

7. After first 30 minutes of roasting, check effective baking temperature by inserting



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 medium roaster chicken
- 12-oz can of cold beer (any variety you like to drink)

digital thermometer through the skin to a depth of 3/8 of an inch. Temperature should be within 5 F of target core temperature (either 145 F or 150 F). If it is too high, open oven door for several minutes; if it's too cool, increase oven setting slightly. Repeat this check of the near-surface temperature every half hour.

8. When core temperature hits target, take chicken out and let rest, uncovered, for 20 minutes. Meanwhile, increase oven temperature to hottest baking setting. Don't use broiler.

9. Return bird to hot oven, turn on the light, and watch it carefully as it browns. The goal is crisp, golden brown skin. Skin will start to brown quickly, and browning will accelerate once it starts, so keep your eye on it. Once the chicken browns, remove can, carve the bird and serve immediately while the skin is crispy. **THE ASSOCIATED PRESS/ W. WATT GIBBS, EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD**

Dinner. Oven Rotisserie Chicken with Nut Rice



1. Preheat oven to 350 F (180 C) or 320 F (160 C) for convection oven. Place chicken legs into the bag with the sliced spring onions and follow the cooking instructions on the Maggi pack.

2. In a large, dry, frying pan, toast the cashew nuts gently, stirring frequently until golden, then transfer to a plate.

3. Cook rice according to pack instructions; set aside (covered).

4. Heat half the oil in the same pan and stir fry the broccoli until tender. Transfer into a bowl and keep covered.

5. Heat the remaining oil and add the beaten egg to the pan,

cooking like an omelette and breaking it up into pieces.

6. Add rice to pan with broccoli and cashew nuts, reheat until piping hot then serve with the chicken. **NEWS CANADA/ MAGGI**

Ingredients

- 8 chicken legs
- 4 spring onions, sliced
- 1 pack Maggi So Juicy Rotisserie
- 1/4 cup cashew nuts
- 1 cup converted white rice
- 2 tbsp canola oil
- 1 small head of broccoli, cut into florets
- 2 eggs, beaten

For your phone

College Kitchen Cookbook (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Amongst advice for reheating leftovers, using slow-cookers and creating hang-over cures, this post-secondary chef's guide includes frugal and creative recipes for making ramen burritos, Margherita pizzas, and no-bake cookie bars.





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Evolution of classrooms

Change. Interactive technology means schools are slowly switching to tablets and laptops

MICHELLE
WILLIAMS
For Metro

Digital learning has finally come of age in schools.

"Learning in the 21st century is all about getting kids actively involved and highly engaged, giving the students a voice and encouraging them to take ownership of their learning," said Toronto District School Board principal Cassandra Alviani-Alvarez.

Access to technology in every school, from laptops to tablets to smart boards (interactive white boards), is interactive and paying off in classrooms.

"Kids are spending a lot more time learning," Alviani-

Alvarez said. "We have mobile carts that travel from class to class with enough tablets and laptops for everyone in the class. It's fair to say that, in some schools, kids are spending well over half their time on computers."

While not all schools are wireless yet, ministries are pushing for high-tech learning in the near future. It's meant to keep up with the fast pace of the digital world and optimize electronics in child-based learning.

"We want kids to have good problem-solving and critical-thinking skills," Alviani-Alvarez said. "And we live in an era where learning happens quickly as a result of the Internet. We're also in



Advances in technology, such as tablets, laptops and smartphones, are taking the power of learning to a whole new across the country. SYDA PRODUCTIONS/COLOURBOX

an app world. Kids use apps for everything from figuring out money to doing multiplication tables."

So how does it all work?

"Teachers post work on a smart board, kids do the

work on their computers or tablets and submit the work online to their teacher using the class website," Alviani-Alvarez said.

"Kids love learning this way and it takes the power

of learning to a whole new level."

So are books going the way of the dinosaur?

"Of course we still use books, paper and writing utensils. We don't want kids

sitting in front of the screen all the time. But computers have so many great applications to help spark engagement, deepen learning and open new possibilities for students."

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TEACH KIDS TO BE EARTH FRIENDLY

WITH ELMER'S GLUE

Want to raise earth-conscious kids?

There are many different ways you can teach children to be aware and to make caring for the planet a part of their lives.

Here are some ideas.

- Be an environmentally responsible role model. When parents are consistent about simple energy-saving habits, such as turning off lights when you leave a room, kids will follow suit.
- Make it hands-on. Teachers can bring green crafts to the classroom. The Earth Day Craft at elmers.ca/ProjectIdeas/Crafts/EarthDay.aspx is a great example. Students create posters that help explain recycling and organic waste.
- Make green crafts at home, too. The Coin Collector Craft at elmers.ca/ProjectIdeas/Crafts/RecycledCraft.aspx is a wonderful way to re-use everyday product packaging such as potato chip or hot chocolate containers. Children

creatively repurpose the containers into coin collectors.

- Stock your craft drawer with earth-friendly products. Some examples: FSC (Forest Stewardship Council) certified paper, non-toxic finger paints, and Elmer's Earth Friendly School



Glue pourable, which is made from 99 per cent natural ingredients, including post-industrial recycled plastic bottle, FSC certified paper label and recycled paper board card.

- Find fun ways to teach children about renewable resources. Kids will love the fact that Elmer's Earth Friendly products are made from field crops ... both the pourable glue and the glue sticks are made from a byproduct of corn.

- Make putting the recycling into the blue box a chore for kids.

So many products today go into the blue box ... including empty Elmer's School Glue bottles.

Elmer's Earth Friendly line was introduced last



spring and, according to company spokesperson Alicia Buter, "we've gotten an A+ from parents and teachers. It's really all about helping to teach children to be environmentally conscious."

Elmer's Earth Friendly products are widely available in retail stores across Canada. The 118 ml pourable glue costs about \$1.59 while glue sticks (40 g and 2 x 20 g) retail for about \$2.49.

For more product information and great craft ideas, visit elmers.ca.



Earth Friendly School Glue

provides the same strong bond that our original School Glue does, but it's made from rapidly renewable resources and packaged with recycled content materials.

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Venus Williams reacts after slipping on the court during her match against Zheng Jie on Wednesday in New York. MATTHEW STOCKMAN/GETTY IMAGES

Venus falls from orbit at U.S. Open

Tennis. Two-time champ stumbles short of third round in a marathon match

Venus Williams dug herself out of deficits over and over again, until she simply ran out of solutions, exiting the U.S. Open before the third round for the third year in a row.

At 33, two-time champion Williams was the oldest woman in the second round at Flushing Meadows, and

while she made things interesting after a poor start to the match and to the final set, she couldn't sustain her solid play all the way through and lost to 56th-ranked Zheng Jie of China 6-3, 2-6, 7-6 (5) on a wet Wednesday.

The match lasted three hours and two minutes — making it the longest between women in the tournament so far — with the third set alone going 1 1/2 hours. It came to a close when Williams missed a volley, then a return, on the last two points. She wound up with 44 unforced errors in all,

Wet and wild

There were more than four hours of delays Wednesday.

- In the handful of matches that were completed by early evening — men in the first round, women in the second — 2011 French Open champion Li Na and Agnieszka Radwanska won in straight sets.

half on forehands.

During her on-court inter-

view, Zheng addressed the partisan crowd that was pulling for Williams, saying: "First, I want to say, 'Sorry, guys.'"

Rain began falling in the early afternoon, jumbling the schedule, and eight women's singles matches were postponed, including Williams' younger sister, defending champion Serena, against Galina Voskoboeva.

Canadian Eugenie Bouchard's match against Germany's Angelique Kerber was postponed until Thursday.

THE ASSOCIATED PRESS

CFL

Jackson making return to Riderville

Tristan Jackson is back with the Saskatchewan Roughriders.

The veteran defensive back/kick-returner re-signed with the Riders on Wednesday.

The five-foot-eight, 185-pounder spent the last two seasons in Saskatchewan. Jackson, 27, appeared in 13 regular-season games in 2012, registering 30 kick-off returns for 794 yards, 32 punt returns for 303 yards and four missed field goal returns for 267 yards, taking one back 129 yards for a TD. THE CANADIAN PRESS



Tristan Jackson is returning to the Riders. THE CANADIAN PRESS FILE

CFL

Peach falls out of favour in Steel City

The Hamilton Tiger-Cats released veteran defensive lineman Greg Peach on Wednesday.

The six-foot-three, 255-pound Peach joined the Ticats as a free agent prior to the 2012 season. He had 36 tackles and six sacks in 16 games with Hamilton.

Peach, 26, began his CFL career with the Edmonton Eskimos in 2009.

THE CANADIAN PRESS



Blue Jays catcher J.P. Arencibia tags out the Yankees' Alex Rodriguez at home plate in Toronto on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Blue Jays bounce Bronx Bombers in rubber match

Edwin Encarnacion hit a two-run homer and Ryan Goins scored twice as the Toronto Blue Jays defeated the New York Yankees 7-2 on Wednesday night in Toronto.

The Blue Jays put up four runs in the first inning off New York starter Hiroki Kuroda and Encarnacion added some insurance an inning later with a rainbow blast that just cleared the left-field wall.

Toronto starter Todd Red-

mond (2-2) was effective over 5 2/3 innings as the Blue Jays won the rubber match of the three-game series in front of 36,565 fans.

The Blue Jays batted around in the first inning and scored all of their runs with two outs in the frame.

Redmond gave up three hits, two earned runs, four walks and struck out seven.

Kuroda (11-10) allowed five earned runs and nine hits

over five innings of work. He walked a batter and had four strikeouts.

Toronto outit New York 10-5. The game took two hours 51 minutes to play.

Entering Wednesday's games, New York was 4 1/2 games out of a wild-card spot and 7 1/2 games behind first-place Boston in the American League East. The Blue Jays are last in the division.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Others will look to you to lead the way and to make the kind of decisions they are either unable or unwilling to make. It's a big responsibility but you're big enough to shoulder it — and you're a natural leader.

Taurus

April 21 - May 21

You will have to get tough with someone you work with today. You know if you don't, they will take it as a sign of weakness and walk all over you. Don't let it reach that stage.

Gemini

May 22 - June 21

The most important thing now is that you let the world know you cannot be taken for granted. That does not mean go to extremes but find ways to show you are a serious player.

Cancer

June 22 - July 23

Anything that requires careful planning and sustained effort will come easy now and even if you start from a position that is way behind your rivals, you will soon overtake them. You have what they don't: staying power.

Leo

July 24 - Aug. 23

Take a leading role in whatever project you are working on. You don't have to barge in, elbows flying, and knock everyone else out of the way. Just lead by example and others will surley follow.

Virgo

Aug. 24 - Sept. 23

You may have thought that battles with co-workers were a thing of the past, but no such luck. If you are challenged today, you must strike back quickly and decisively.

Libra

Sept. 24 - Oct. 23

Take a risk today if you think the odds are worth it but if you are uncertain then leave well alone. There may be only a dollar or two at stake but if you lose it will feel like a million.

Scorpio

Oct. 24 - Nov. 22

You will snap at people for the slightest little thing today. With Mars moving through the most ambitious area of your chart you simply cannot be bothered with other people's petty problems.

Sagittarius

Nov. 23 - Dec. 21

You need to be on the move today, so whatever your duties or chores may be, make sure you give yourself some free time. If you get an invite to a social event, take it.

Capricorn

Dec. 22 - Jan. 20

Don't turn down an opportunity for a promotion just because there is a lot more work involved. Since when have you been afraid of rolling up your sleeves and getting stuck in? Show them how it's done.

Aquarius

Jan. 21 - Feb. 19

Give yourself something to aim for and don't stop until you have reached your goal. It may at times seem as if the world is against you but that will encourage you to try harder.

Pisces

Feb. 20 - March 20

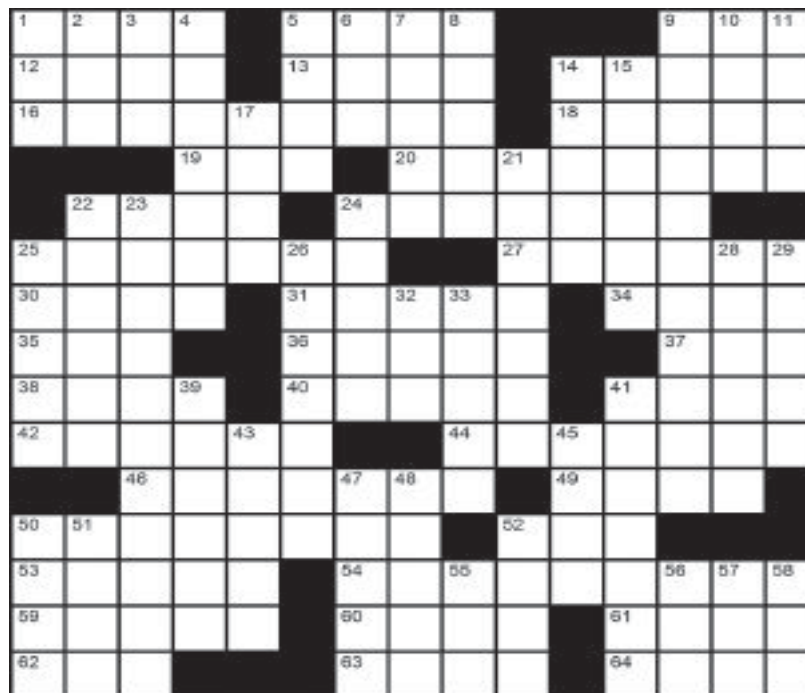
Friends and family members will let you know they are there for you today, and that's nice. Not that life will get especially tough over the next 24 hours but it's good to know support is there if you need it.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Types of PC files
- ___ tape
- 1996 Snoop Dogg album: '___ Doggfather'
- MTV's "The ___ World"
- Bread spread
- Taj ___
- CFB ___ (Naval base on Vancouver Island)
- Jane Eyre was her governess
- Fast rotation meas.
- Canuck canine
- Shakira's "___ Don't Lie"
- Beyonce's sister
- Eat elsewhere: 2 wds.
- Parts of things
- Additional
- Morning jam spot
- ___ Spring Island, BC
- Sport-___ (All-purpose vehicle)
- Tedium
- Week part
- Scoop holder
- Moves toward
- Hide
- Results
- Canadian History: 17-century explorer who acted as an interpreter among First Nations, ___ Brule
- Merle Haggard's "___ from Muskogee"
- Confidant



- Pay to play
- Given a new book name
- Dieter's stat.
- Maid on "The Brady Bunch"
- This thingy - ...in math: 2 wds.
- Spelunker
- Mr. Redding
- Merle Haggard's "___ from Muskogee"

- Compass dir.
- Canadian actress Ms. Mitchell on "Pretty Little Liars"
- "Cool!"

Down

- Before
- Iowa's capital, ___ Moines
- Website's help listing, commonly

- Winnipeg, 'The ___ Capital of the World'
- Actor Mr. DeLuise's
- 'Form' suffix
- Classical quartet instrument
- Wreck
- Chocolate chip cookie by Canadian food brand President's Choice: 2 wds.

- Angel's crown
- Yankee or Oriole, e.g.
- ___ Nixon, soprano whose singing was dubbed in for Natalie Wood in "West Side Story" (1961)
- Words of wisdom
- ___ facto (By the fact itself, in Latin)
- John the ___

- Socialite, Paris
- Jann Arden hit
- Castle material
- Mr. Bigalow, Male Gigolo
- Fork or spoon
- "Seinfeld" role
- Flair
- Ms. Ortiz of "Ugly Betty"
- More certain
- The Kennedys family member
- Deer, to a carnivore
- Compound in perfume
- Pet food brand
- Audition tapes
- Meathead's mother-in-law
- Running competition
- Panache
- Occupied
- Ms. Peebles
- Pres. Eisenhower
- Angelina Jolie title role
- Sandra Bullock movie, "The ___" (1995)

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



30°/17°
Mainly sunny

Friday



29°/12°
Partly cloudy

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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